Tai Chi, (Tie-chee) is a slow-motion, low-impact, weight-bearing and aerobic, yet relaxing exercise. It began as a martial art in China.

Tai Chi has gained enormous popularity in America and throughout the rest of the world for its health benefits for body and mind. Harvard University is calling it, “Medicine in Motion”. Some of the benefits include improved range of motion and better balance, reduced pain and stiffness, Enhanced sleep, increased immunity.

$39 Fee
Tuesdays & Thursdays
August 2 - 25, 2016
8:00 a.m. - 9:00 a.m.
Arizona Western College
Quartzsite Learning Center
695 N. Kofa Ave. at Quail
Quartzsite, AZ 85346
Room QLC 101
Instructor: Heather Caton

Register Today!
Call: 928-927-8299
or download a registration flyer at
www.azwestern.edu/continuinged

Tai Chi at AWC Quartzsite
August 2, 4, 9, 11, 16, 18, 23 & 25, 2016
$39

Form of Payment

- Check or Money Order Payable to Arizona Western College
- VISA, MasterCard, Discover (in person or by phone)
- Third Party Billing or Purchase Order

Refund/Cancellation Policy
A 100% refund is granted or another individual may attend in your place if a request is made two working days prior to the start of class. A 50% refund will be issued if notice is received less than two working days prior to class start date. No refunds will be issued after the first day of class.

Return Registration Form to: AWC Quartzsite Learning Center 695 N. Kofa Avenue at Quail, Quartzsite, AZ 85346
Email: awc.lapaz@azwestern.edu Phone (928) 927-8299 Fax (928) 669-5350